



RECREATION DEPARTMENT

The Heart of the Neighborhood

www.chulavistaca.gov/rec

270 F Street • (619) 409-1930



Norman Park Senior Center

January, February, March 2019

Stone Soup: Wednesday, January 30, 2019 @ 12 PM

Come share a cup of soup and hear the story that inspired this funny and heart-warming tradition. Just bring a can of your favorite soup to the main office by the 29th, then join us for a yummy lunch on the 30th.



This event is free, but pre-registration is required.

Valentine Luncheon: Wednesday, February 13, 2019 @ 1 PM

February is the month of love and friendship! What better way to celebrate than to join Norman Park for an afternoon of Valentine's Day themed fun. Everyone who signs up will enjoy a festive lunch, dessert, and games. Pre-registration is required. This event may sell out so register early!

Must pre-register. Fee: \$5 Resident/ \$6 Non-Resident



Potato Bake: Wednesday, March 13, 2019 @ 12 PM

This spud's for you! We will be hosting our annual potato bake in March. Come enjoy a large baked potato with all the fixings and stay for fun trivia games. Space is limited, so register early.

Must pre-register. Fee: \$5 Resident/ \$6 Non-Resident



Senior Expo: Tuesday, March 19, 2019 9 AM—2 PM @ Monteville Center

Let's get springtime off to a healthy start! Take advantage of this great opportunity to learn ways to incorporate a more healthy routine into your lifestyle. Get to know organizations and resources at the Health Fair that can help you achieve your health goals and earn a chance to win an opportunity drawing! This event is free and open to the public. **This event is held at Monteville Community Center, located at 840 Duncan Ranch Road, Chula Vista, CA 91914.**

Register at the front desk or online at chulavistaca.gov/rec

Norman Park Updates

Happy New Year! I am excited to welcome everyone to 2019 and Norman Park! We have some NEW classes that will be starting this year. I am delighted to announce that Tai Chi is back! We will also be starting some Photography Classes in the Spring in partnership with the Museum of Photographic Arts. Lastly, we will be partnering with the Chula Vista Golf Course and starting some Golf Classes that will be held in the park directly next to Norman Park. If you would like to Volunteer for any events or activities, feel free to stop by the main office. We hope to see you at our many different events and activities, as we all look to improve our quality of life.

Aaron Ruiz— Norman Park Senior Center Supervisor

NEW ACTIVITY SPOTLIGHT



New Activity: Bodies in Motion

Join our multi-award-winning instructor, Nadirah Bray, for our new class: Bodies in Motion! This class utilizes a holistic dance/movement method that promotes self-love, self-expression, healing, health, and transformation from the inside out. Shake your way into this fun new class! Please Pre-Register at the Front Desk.

New Activity: Art Talk by Museum of Photographic Arts (MOPA)

DAY	TIME	COST
Wednesday, February 20, 2019	10:00 AM	FREE

Come enjoy this one-hour art talk exploring a theme, topic, or technique in photography through MOPA's collection of images. This is also a great chance to hear about the upcoming FREE photography course in May—more information to come!



New Activity: Golf

Whether it's your first time, haven't played in a while, or are looking at improving your game this is the perfect class for you. With Instruction from our partners the Chula Vista Golf Course we feel confident your game and scorecard will improve.

CHULA VISTA SENIOR CLUB NEWS

Chula Vista Senior Club New Membership begins January 2019.

Please come to the Hostess Desk to sign up or renew.

Membership Fees are \$10/year.

Bingo Every Friday

Time: 12 PM—2 PM

The Chula Vista Senior Club hosts a potluck during bingo the 1st and 3rd Fridays of each month. Please bring a food item to share. Bingo cards are \$.50 each. Come for fun and the prizes!



Bunco Every Friday

2:30 PM—4 PM

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlor game played in teams with three dice.

Live Band Dances

January 10: Winter Wonderland Dance

Time: 12 PM—4 PM

Cost: \$10

January event @ Paradise Village

Time and date: TBA

Cost: TBA

February: TBD

Time: TBD

Cost: TBD

March: TBD

Time: TBD

Cost: TBD

For more information, please
call 619-409-1935.



2019

SENIOR CLUB BOARD MEMBERS

President: Shirley Dorscher

Vice President: Ruth Lopez

Secretary: Sue Hirschel

Treasurer: Daniel Jaime



General Meeting

The Senior Club Board Meetings are scheduled for the 1st Tuesday of each month at 1:00 PM. The General Meetings are afterward at 1:30 PM. The next meetings are scheduled as follows:

January date TBA @ 1:30 PM in Conference Room

February 5 @ 1:30 PM in Conference Room

March 5 @ 1:30 PM in Conference Room

The general meeting is open to all Senior Club members. Please join us to share your ideas and concerns.

CLASSES, ACTIVITIES, & GROUPS

This program is funded in part through the Department of Housing and Urban Development's Community Development Block Grant and, therefore, requires compliance with the standards required as a condition of providing these funds consistent with regulations governing Public Services [(§570.201(e))]. These funds were granted to provide services rendered to Low/Moderate Income Elderly (HUD Eligibility Matrix Code 05A - Senior Services) by the City of Chula Vista Recreation Department. In order to be eligible for this program, you will be required to fill out a Client Intake form and verify eligibility by providing proof of age 62 years or older.

CREATIVE

ART WATERCOLOR

Are you interested in painting with watercolor? Would you like to meet and paint with other artists? Then this is the activity for you!

DAY	TIME	ROOM	COST
Mon.	9:00 AM—12:00 PM	7 & 8	FREE

ARTIST SOCIAL GROUP

Come socialize with fellow artists and share your talent. Everyone is welcome to bring their own artwork to create. Have fun with everyone in the group!

DAY	TIME	ROOM	COST
Wed.	9:30 AM—11:30 AM	6	FREE

CREATIVE WRITERS

This is a group for anyone interested in the creative writing process. Peers are here to encourage and inspire you with your latest writing project. Meet up to share your ideas.



DAY	TIME	ROOM	COST
Tues.	2:00 PM—4:00 PM	CONF. RM.	FREE

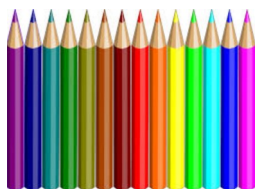
KNITTING & CROCHETING

Join this friendly group of people who love to knit and crochet in good company. We have participants of all skill-levels, and would love to see some new faces!

DAY	TIME	ROOM	COST
Wed.	9:30 AM—11:30 AM	7 & 8	FREE

COLORING SOCIAL GROUP

Spend some time relaxing and chatting with friends both old and new as you channel your artistic side. Bring your own supplies or use materials provided by the center.



DAY	TIME	ROOM	COST
Tues.	10:00 AM—12:00 PM	CONF. ROOM	FREE

EXERCISE & FITNESS

EXERCISE WITH KAY

Lose weight. Increase your energy. Improve your overall well-being. All of this is possible in this morning exercise with our volunteer Kay.

DAY	TIME	ROOM	COST
Mon./Wed.	8:00 AM—9:00 AM	FULL HALL	FREE

STRENGTH TRAINING

If you're interested in feeling stronger, healthier, and more vital, this program is for you. Exercising your muscles will increase your strength and endurance. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Wed.	5:45 PM—6:45 PM	9,10,11	FREE

EXERCISE LONGEVITY STICK

The longevity stick exercises aim at improving balance, flexibility, strength, mental focus and breathing capacity. Let us train the lungs and the body. Led by volunteer Sandy Trocinski.

DAY	TIME	ROOM	COST
Tues./Thurs.	9:00 AM—9:45 AM	PARK	FREE

CHAIR YOGA

This class strengthens and stretches the whole body, all while seated in a chair. It's perfect for seniors or people with a disability. Led by volunteer Kay.



DAY	TIME	ROOM	COST
Wed.	4:30 PM—5:45 PM	9,10,11	FREE
Fri.	8:00 AM—9:30 AM	9,10,11	FREE

YOGA

Gentle movement and stretching through yoga poses can reduce swelling in joints while increasing joint mobility. Yoga improves balance which can be especially helpful for seniors.

Led by volunteer Kay.

DAY	TIME	ROOM	COST
Thurs.	4:30 PM—6:30 PM	9,10,11	FREE

PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

CLASSES, ACTIVITIES, & GROUPS

This program is funded in part through the Department of Housing and Urban Development's Community Development Block Grant and, therefore, requires compliance with the standards required as a condition of providing these funds consistent with regulations governing Public Services [(§570.201(e))]. These funds were granted to provide services rendered to Low/Moderate Income Elderly (HUD Eligibility Matrix Code 05A - Senior Services) by the City of Chula Vista Recreation Department. In order to be eligible for this program, you will be required to fill out a Client Intake form and verify eligibility by providing proof of age 62 years or older.

ENGLISH CONVERSATION

Improve your English speaking skills in our English Conversation group where you'll meet a bunch of friendly people who are learning English and can practice with you.

DAY	TIME	ROOM	COST
Wed.	9:00 AM—11:00 AM	CONF. RM.	FREE

SPANISH CONVERSATION

Brush up on your Spanish speaking skills in our Spanish Conversation group where you'll meet a bunch of friendly people who are learning Spanish and can practice with you.

DAY	TIME	ROOM	COST
Mon. & Fri.	10:00 AM—12:00 PM	CONF. RM.	FREE

SINGING AROUND THE PIANO

Sing Along to classic jams! The Singing Seniors is a group of members over the age of 50 who sing all the right notes. The group provides a unique outlet of expression and gets out to perform!

DAY	TIME	ROOM	COST
Tues.	11:00 AM—1:00 PM	LOBBY	FREE

BOOK CLUB

Join a group of book lovers in this fun activity. Each person chooses his/her own book and shares about it with the group.

DAY	TIME	ROOM	COST
1st Thurs.	3:30 PM—5:30 PM	CONF. ROOM	FREE

PINOCHLE

Join a fun group of seniors who enjoy playing pinochle in a social and fun environment. Don't be bored at home—make friends and keep your mind active.

DAY	TIME	ROOM	COST
Wed.	9:00 AM—1:00 PM	LOBBY	FREE
Fri.	12:00 PM—4:00 PM	LOBBY	FREE

MEXICAN TRAIN & OTHER GAMES

Join a group of fun loving seniors to play *Mexican Train* along with other games. Don't be bored at home, make friends and keep your mind active.

DAY	TIME	ROOM	COST
Wed.	12:00 PM—2:00 PM	LOBBY	FREE

MOVIE MONDAY

Every Monday Norman Park Senior Center features an exciting movie that will keep you entertained.

DAY	TIME	ROOM	COST
Mon.	1:00 PM—3:00 PM	HALL	FREE

BRIDGE

Bridge is the greatest card game of all. It can provide a challenge as well as enjoyment for the rest of your life. Millions of people play bridge worldwide making it one of the world's most popular card games, particularly among seniors!

DAY	TIME	ROOM	COST
Mon. (Bridge Chicago)	12:00 PM—4:00 PM	6	FREE
Wed.	12:00 PM—4:00 PM	7	FREE
Thurs.	12:00 PM—4:00 PM	Annex	FREE

WORLD AFFAIRS GROUP DISCUSSION

Interested in discussing current events and topics of state, national and international interest? Come to the World Affairs Group Discussion, all are welcome.

DAY	TIME	ROOM	COST
Mon.	10:00 AM—12:00 PM	10,11	FREE

MAH JONGG

Traditionally played in groups of four players, Mah Jongg is a fun game that uses tiles. Both new and experienced players are encouraged to bring a sack lunch to enjoy and join this friendly group for a day of Mah Jongg.

DAY	TIME	ROOM	COST
Fri.	10:00 AM—3:00 PM	ANNEX	FREE

SCRABBLE

Come test your vocabulary and show off your creativity with fellow word enthusiasts.

DAY	TIME	ROOM	COST
Mon./Wed./Fri.	12:30 PM—4:00 PM	LOBBY	FREE

SINGING INFORMAL

Share your talent with other singing seniors in our community! Come and enjoy an informal singing group and have fun in a relaxed setting with other seniors!

DAY	TIME	ROOM	COST
Tues.	9:00 AM—12:00 PM	ANNEX	FREE

SINGING SENIORS

The Singing Seniors is a group of members over the age of 50 who sing all the right notes. The group provides a unique outlet of expression and gets out to perform!

DAY	TIME	ROOM	COST
Tues.	1:30 PM—3:30 PM	ANNEX	FREE

CLASSES & ACTIVITIES

INSTRUCTED

GUITAR LESSONS

Your musical journey starts here! Learn chords, simple strums, and tuning in a fun and relaxed group setting. Whether you're a beginner or an intermediate student, this course will take your musical talent to the next level. By the time you're finished, you'll be well on your way to becoming a better guitar player. **Individual time with the instructor varies depending on the number of students present.**

This class is taught by Scott Humphries.

DAY	TIME	ROOM
Tues.	10:45 AM—11:45 AM	11

COST \$21/Res & \$26/Non-Res (per month)



LINE DANCE (Advanced/Beginner)

You don't need a partner but you can bring all your friends to this fun workout! Everyone learns at a different pace so choose between the Advanced and Beginner levels! This class is taught by Christine Schroeder.

DAY	TIME	ROOM
Advanced Tues.	10:00 AM—11:00 AM	7 & 8
Beginner Tues.	11:00 AM—12:00 PM	7 & 8



COST
 Month: \$12/Res & \$15/Non-Res
 Drop-in: \$3.00/Day

SENIOR TECH

COMPUTER LAB MEMBERSHIP

Quarterly computer lab access.

COST: Jan.-Mar. \$5/Res & \$6 Non-Res

DAY	TIME	ROOM
Fri.	10:00 AM—12:00 PM	LAB

TECH ONE-ON-ONE

Private one-on-one instruction provided on any phone and/or tablet device. Please call the front desk to schedule an appointment. Payment is due the day of your session.

TIME : See the main office for an appointment

COST : \$10 per 30 minute session (\$13 Non-Residents)



ANNEX ACTIVITIES

BILLIARDS ROOM TOURNAMENT

The Billiards Room is open for patrons 50+ during normal center operating hours. There are two tournament size billiards tables and pool sticks are available.

ROOM	COST
ANNEX	FREE

SHUFFLEBOARD

Shuffleboard is best played in groups, so bring your friends along and join us at Norman Park! Have fun and enjoy a good afternoon with friends.

ROOM	COST
ANNEX	FREE



SENIOR CLUB GAMES

BINGO—CV SENIOR CLUB

Looking for the best **Bingo** in Chula Vista? Looking for something exciting to do at Norman Park? Look no further. Come and enjoy a wonderful atmosphere while you relax and play bingo.

DAY	TIME	ROOM
Fri.	12:00 PM—2:00 PM	9,10,11

BUNCO—CV SENIOR CLUB

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlor game played in teams with three dice.

DAY	TIME	ROOM
Wed.	4:30 PM—6:30 PM	LOBBY
Fri.	2:30 PM—4:00 PM	9,10,11

PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

CLASSES & ACTIVITIES

NEW BODIES IN MOTION

This class utilizes a holistic dance/movement method that promotes self-love, self-expression, healing, health, and transformation from the inside out. Led by instructor Nadirah Bray.



DAY **TIME**
Tues. 5:00 PM—5:30 PM

ROOM **COST**
Hall TBA

DANCE CARDIO PARTY

Get your heart pumping as you feel the rhythm of the music. It's not a workout, it's a party! Join Rita for a fun way to get fit. This class is taught by Rita Sancen.

DAY **TIME** **ROOM** **COST**
Mon. & Wed. 5:30 PM—6:30 PM 6,7,8 Drop-in fee \$3



\$14/\$19 January
\$16/\$21 February
\$14/\$19 March

VOLLEYBALL

Imagine a sport in which you can rack up points while never having to leave your chair. Sound too good to be true? Come try this fun new activity with a lively group of seniors. It's sure to be a good time!



DAY **TIME** **ROOM** **COST**
Mon. 9—9:30 AM 9, 10, 11 FREE

SENIOR EXERCISE

This class is specifically designed for older adults. Strength training exercises will enhance and promote strength and balance skills, mobility and agility skills. Led by volunteers.

DAY **TIME** **ROOM** **COST**
Tues. & Thurs. 8:00 AM—9:00 AM FULL HALL FREE



FITNESS CENTER

The fitness center has a variety of equipment including treadmills, rowing machines, stationary bicycles, strength training machines, balance boards, and free weights.

COST: January-March \$28/Res & \$33/Non-Res

One Month: \$10/Res

Daily drop-in: \$3.00

Fitness Center Hours

Monday/Wednesday/Friday 10:30 AM—2:00 PM

Tuesday/Thursday 8:00 AM—12:30 PM

Evening and Saturday Hours

Monday-Thursday 5:00 PM—7:00 PM

Saturday 8:30 AM—11:00 AM



CHULA VISTA WALKS

DAY **TIME** **ROOM** **COST**
Tues. & Thurs. 9:30 AM 9 & 10 FREE

Get your new year off to a fabulous start. Join the fun and walk with us! CVW participants meet at the NPSC every Tuesday and Thursday at 9:30 AM. After a short sharing of ideas or health tips, it's out walking we go.



PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

HEALTH & WELLNESS

BEREAVEMENT SUPPORT GROUP

Free peer support group open to anyone seeking support in coping with the loss of a loved one. Professionally facilitated by staff of Silverado Hospice.

DAY	TIME	ROOM	COST
Thurs.	10:30 AM—12:00 PM	CONF. RM.	FREE

BLOOD PRESSURE SCREENING

Blood pressure screening is free to everyone. Services provided by a Sharp Chula Vista Medical Center volunteer.

DAY	TIME	ROOM	COST
1st/3rd Fridays	9:00 AM	LOBBY	FREE

PARKINSONS SUPPORT GROUP

At this group you will be welcomed, understood, accepted, and supported by people with Parkinson's, their care partners and family. Learn from your peers; discuss symptoms and medications; share resources, life experiences, and knowledge; and meet expert speakers about the latest research and therapies.

Following the support group is a Movement Foundation Exercise Class. *People with Parkinson's, movement challenges, and those using walkers and wheel chairs are welcome!*

DAY	TIME	ROOM	COST
2nd Tues.	1:00 PM—3:00 PM	Hall	FREE

PRESENTATIONS

UCSD Crest Community Program for Hoarding

DAY	TIME	ROOM
Wed., Jan. 30, 2019	9:30 AM	10

- Do you have trouble throwing things out?
- Is your home cluttered with objects?
- Have friends and family complained that you save too many things?

If so, the CREST Community Program may be right for you! CREST offers free evidence-based treatment for hoarding behaviors which focus on your individual needs and strengths.

Pedestrian Safety

DAY	TIME	ROOM
Thurs., Feb. 28, 2019	10:30 AM	TBA

The presentation, led by Jana Schwarz from Circulate San Diego, will include information about pedestrian safety for older adults, including rules of the road and pedestrian behavioral tips. The goal of the presentation is to provide strategies for keeping ourselves safe along roadways and answer any specific questions folks have.



St. Paul's PACE

DAY	TIME	ROOM
Fri., January 25, 2019	10:00 AM	CONF. ROOM

Come learn about the St. Paul's PACE program, which provides social and medical services so you can continue to live safely at home. And if you are on Medi-CAL with no share of cost, it's free.

Scripps Health Talks Cancer is Everyone's Concern

DAY	TIME	ROOM
Tues., Feb. 12, 2019	10:00—11:00 AM	CONF. ROOM

No one wants to think about cancer but, by thinking and acting defensively you can help protect your health. Although the exact causes of cancer are unknown, we do know factors that put us at higher risk. Learn ways to increase prevention, warning signs, symptoms and treatment options. Early detection is the best protection!

Legal Presentation: Estate Planning

DAY	TIME	ROOM
Wed., March 6, 2019	9:30 AM	10

NPSC is excited to announce a complimentary Estate Planning 101 seminar where attorney Lōan Shillinger of Shillinger Law will discuss what does it mean to have an estate plan; is it for you; what's the difference between a will & a trust; and what probate is all about.

Cogniciti Brain Health Workshop

DAY	TIME	ROOM
Wed., March 27, 2019	9:30—11:30 AM	Main Hall

Are you age 50 - 90? Get your free brain health score. Basic computer skills required.

PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

UPSTAIRS SERVICES AND CLUBS

Norman Park Senior Center serves as headquarters for a variety of local non-profit organizations that provide important services to our community. Head upstairs and say hello!

MEALS ON WHEELS

Meals-on-Wheels Greater San Diego, Inc. is committed to reducing the isolation experienced by so many elderly. Meals are delivered to seniors' homes by volunteers.

Call (619) 420-2782 or visit <http://www.meals-on-wheels.org/> for more information.



MEALS on WHEELS

SOUTHERN CAREGIVER RESOURCE CENTER

Southern Caregivers provide free services for family caregivers including counseling, respite, supports groups, legal consultations and more.

Call (619) 729-2772 for more information.

DAY	TIME	ROOM
Support Group (Spanish)		
1st & 3rd Wed.	4:30 PM—6:30 PM	Upstairs Office

"Clase Calma" (Spanish)	Call for dates and times.	Upstairs Office
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CLUB AMISTAD

Club Amistad meets for various events during the month. The group is mostly Spanish speaking but all are welcome to come join. For more information, contact Minga Santos at (619) 575-8144. Upcoming dates: **January 15, 22; February 5, 19, 26; March 5, 19, 26.**

DAY	TIME	ROOM
1st, 3rd, 4th Tues.	12:00 PM—4:00 PM	9,10,11

GARDEN CLUB

The Chula Vista Garden Club meets every 3rd Thursday of the month. Upcoming Dates: **January 17; February 21; March 21.** For more information call President Michael J. Biedendener (619) 991-0524.

DAY	TIME	ROOM
3rd Thurs.	11:00 AM—1:30 PM	FULL HALL



OLDER ADULT & SENIOR CLASSES AND ACTIVITIES ACROSS THE CITY

The Recreation Department offers a variety of classes and activities that are suitable for older adults and seniors. Attending these classes is a way to get out and explore the community while trying something new. Perhaps you'll find a new, fun class offered in your local neighborhood. Go to the Recreation Department's website for older adult and senior programming at a facility near you. www.chulavistaca.gov/rec

Otay Recreation Center

(619) 409-1999
3554 Main Street
 Feeling Fit Club for Seniors
 Mon. & Wed. 9:00—10:00 AM
 Free



Loma Verde Recreation Center

1420 Loma Lane
(619) 409-1939
 AM Exercise Tuesdays & Thursdays
 9:00—10:00 AM, \$3 Drop-in fee or a monthly fee which varies month to month.

Zumba
 MTW 6:30 PM—7:30 PM
 \$5 Drop-in fee or a monthly fee which varies month to month.

Loma Verde Pool

1420 Loma Lane
(619) 409-1987
 Water Aerobics
 Mon./Wed./Fri. 11:00 AM—12:00 PM
 \$4/class or 10 classes for \$35

Parkway Pool

373 Park Way
(619) 409-1980
 Parkway Silver Splash (ages 55+)
 Mon./Wed. 9:30—10:15 AM
 \$4/class or 10 classes for \$35



Salt Creek Recreation Center

2710 Otay Lakes Rd
(619) 585-5739
 Senior Weight Training (Tues. 8:00—8:50 AM)
 \$50 Res/ \$63 Non-Res
 10 week session. Taught by Frances Bordenave.

Veterans Park Community Center

785 East Palomar
(619) 691-5260
 AM Yoga (Mon. & Wed. 9:00—10:00 AM)
 \$59 Res/ \$74 Non-Res

Zumba (Tues. 9:00—9:55 AM)
 Jan. 8—March 12
 \$40 Res/ \$50 Non-Res

Zumba (Thurs. 9:00—9:55 AM)
 January 10—March 14
 \$40 Res/ \$50 Res

Zumba Combo (Tues. & Thurs. 9:00—9:55 AM)
 \$70 Res/ \$87.50 Non-Res



Monteville Recreation Center

840 Duncan Ranch Road
(619) 402-1977
 Active Adult Fitness
 Thursdays 10:00 AM—11:00 AM
 \$35 Res/\$44 Non-Res

Pickleball (Open Play)
 Fridays 9:00—11:50 AM (except holidays & school breaks when there is camp)

Parkway Community Center

(619) 409-1980
Class is held at the Woman's Center @ 357 G Street
 Exercise Program for Seniors
 Tues. & Thurs. 1:00 PM—2:00 PM
 Free

WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EXERCISE WITH KAY 8:00 AM—9:00 AM COMPUTER CLUB 8:00 AM—12:00 PM VOLLEYBALL 9:00 AM—9:30 AM ART WATERCOLOR 9:00 AM—12:00 PM SPANISH CONVERSATION 10:00 AM—12:00 PM WORLD AFFAIRS GROUP 10:00 AM—12:00 PM BRIDGE CHICAGO 12:00 PM—4:00 PM SCRABBLE 12:30 PM—4:00 PM MOVIE MONDAY 1:00 PM—3:00 PM DANCE CARDIO PARTY 5:30 PM—6:30 PM (Fee Pg. 7)	EXERCISE CLASS 8:00 AM—9:00 AM LONGEVITY STICK 9:00 AM—9:45 AM WALKING FOR FITNESS 9:30 AM—10:30 AM SINGING INFORMAL 9:00 AM—12:00 PM COLORING GROUP 10:00 AM—12:00 PM ADV. LINE DANCE 10:00 AM—11:00 AM (Fee Pg.6) GUITAR LESSONS 10:45 AM—11:45 AM (Fee Pg.6) BEG. LINE DANCE 11:00 AM—12:00 PM (Fee Pg.6) SINGING AROUND THE PIANO 11:00 AM—12:00 PM 1ST, 3RD, & 4TH TUESDAYS: CLUB AMISTAD 12:00 PM—4:00 PM SINGING SENIORS 1:30 PM—3:30 PM 2ND TUES. PARKINSON'S 1:00 PM—3:00 PM CREATIVE WRITERS 2:00 PM—4:00 PM	EXERCISE WITH KAY 8:00 AM—9:00 AM PINOCHLE 9:00 AM—1:00 PM ENGLISH CONVERSATION 9:00 AM—11:00 AM ARTIST SOCIAL GROUP 9:30 AM—11:30 AM KNITTING & CROCHETING 9:30 AM—11:30 AM MEXICAN TRAIN 12:00 PM—2:00 PM BRIDGE DUPLICATE 12:00 PM—4:00 PM (Canceled on special event days) SCRABBLE 12:30 PM—4:00 PM TECH 1-ON-1 3:00 PM—5:00 PM (Fee Pg. 6) CHAIR YOGA 4:30 PM—5:45 PM BUNCO GAME NIGHT - CV SENIOR CLUB 4:30 PM—6:30 PM DANCE CARDIO PARTY 5:30 PM—6:30 PM (Fee Pg.7) STRENGTH TRAINING 5:45 PM—6:45 PM	EXERCISE CLASS 8:00 AM—9:00 AM LONGEVITY STICK 9:00 AM—9:45 AM WALKING FOR FITNESS 9:30 AM—10:30 AM BEREAVEMENT 10:30 AM—12:00 PM 3RD THURS. GARDEN CLUB 11:00 AM—1:30 PM 1ST THURS. CV SENIOR CLUB DANCE 1:00 PM—3:00 PM BOOK CLUB: 1ST THURS. 3:30 PM—5:30 PM YOGA 4:30 PM—6:30 PM	CHAIR YOGA 8:00 AM—9:30 AM MAH JONGG 10:00 AM—3:00 PM SPANISH CONVERSATION 10:00 AM—12:00 PM COMUPTER LAB 10:00 AM—12:00 PM (Fee Pg. 6) PINOCHLE 12:00 PM—4:00 PM SCRABBLE 12:30 PM—4:00 PM BINGO - CV SENIOR CLUB 12:00 PM—2:00 PM BUNCO - CV SENIOR CLUB 2:30 PM—4:00 PM

Out 2 Lunch Bunch

The Out-2-Lunch Bunch meets at 1:00 PM at the pre-designated restaurant. This group emphasizes making new friends and socializing. Everyone pays for their own lunch.

January 9 — El Patio
410 Broadway

February 13 — Marie Callender
330 "F" Street

March 13 — Panda Imperial
1208 3rd Ave.

Don't forget to mark your calendars!



CENTER OPERATIONS

FITNESS CENTER HOURS

Mon./Wed./Fri. 10:30 AM—2:00 PM

Tues./Thurs. 8:00 AM—12:30 PM

Evening and Saturday Hours

Mon.—Thurs. 5:00 PM—7:00 PM

Sat. 8:30 AM—11:00 AM

CENTER HOURS OF OPERATION

Mon.—Thurs. 8:00 AM—7:00 PM

Fri. 8:00 AM—5:00 PM

Norman Park Senior Center will be closed:

**Martin Luther King, Jr. Day:
Monday, January 21, 2019**

NORMAN PARK STAFF

Aaron Ruiz
Caitlin Weston
Dayanira Heredia
Julian Castruita
Heder Dominguez
Melisa Castillo
Stephanie DeVos

Adolfo Herrera
Ysabel Jaimes
Madison Holl
Kassandra Hernandez
Anthony Cosio
Isabella Alexander
Roseann Schertzer

Commission on Aging

Meets the 2nd Wednesday of every-other-month (January 9 and special meeting January 16; March 13) from 1:00—2:15 PM in the Conference Room. For more information contact (619) 409-5979.



To be more environmentally conscious and reduce our high printing costs, our quarterly newsletter is now on the city website at
<https://www.chulavistaca.gov/departments/recreation/seniors>